

Getting Started with Walking

- Find a partner or group of people to walk with. Make sure they have the same schedule and walk at the same speed.
- Wear shoes with thick flexible soles. They should cushion your feet and absorb shock.

Wear clothes that will keep you dry and comfortable

- Look for synthetic fabrics to absorb sweat and remove it from your skin.
- For extra warmth in winter, wear a knit cap.
- To stay cool in summer, wear a baseball cap or visor.
- Do light stretching before and after you walk.

Choose a safe place to walk

- Consider lighting, traffic, sidewalks.
- Start out going as long as you feel comfortable, even if it is only a few minutes.

Think of your walk in three parts

1. Walk slowly for 3-5 minutes.
2. Increase your speed for the next 5 minutes for a fast walk.
3. Finally, cool down: walk slowly again for 3-5 minutes.

Try to walk at least three times per week to start

- Add 2 to 3 minutes per week to the fast walk.
- If you walk fewer than three times per week, increase the fast walk more slowly.
- Work up to five times per week.
- Start slowly to avoid stiff or sore muscles or joints.
- Over several weeks, begin walking faster, going farther, and walking for longer periods of time.

Remember: the more you walk, the better you will feel!